

During their schooling, young people experience a variety of situations related to various issues of health and well-being. On this sheet, you will find specific intervention guidelines that have been developed to support the work of stakeholders who plan and implement health promotion and prevention actions.

To see all the health-related recommendations presented in the EKIP reference framework: [Visit the School-based interventions section](#)

Sexuality is a fundamental dimension of human beings that goes beyond genitalia and reproduction. Sexuality includes biological, psycho-affective, relational, sociocultural and moral aspects.

ACTIONS TO BE PRIORITIZED IN SCHOOLS SHOULD:

- Be part of a comprehensive and positive approach to sexuality.
- Aim to develop young people's ability to take charge of their own sexual health and well-being and promote respect for the rights of others (e.g. egalitarian relationships, gender diversity).
- Contribute to reducing young people's vulnerability to sexual assault and violence in romantic relationships.
- Help prevent sexually transmissible and blood-borne infections (STBBIs) and unplanned pregnancies, which includes providing young people with services tailored to their needs, such as access to contraception and condoms.
- Be consistent with the compulsory Sexuality Education content of the Ministère de l'Éducation, for certain themes.



SPECIFIC RECOMMENDATIONS

- Develop an environment conducive to exchanges and discussions on sexuality.
 - Establish ground rules with students when sexuality is discussed, such as attentive listening, respect for opinions and intimacy, and positive and constructive comments.
 - Ensure that student confidentiality is respected. For example, use a mailbox to allow students to ask anonymous questions, implementing safeguards such as providing confidential answers if students have given their names and sharing answers with students in the group only if the questions and answers are appropriate to the level of development of the group as a whole.
- Do not overestimate young people's knowledge about sexuality, but also do not underestimate their ability to understand and deal with certain facts of life.
- Foster an inclusive environment with regard to sexual diversity.
 - Avoid stigmatizing sexual diversity through actions, attitudes or words.
 - Listen to students who have questions or difficulties.
 - Use inclusive language.

For secondary students specifically, discuss various options for the effective prevention of STBBIs and pregnancy from the standpoint of equality and mutual respect (sexual choices, contraception and protection).



KEYWORDS

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|------------------|--------------------|-----------------------------|--------------------------|
| → Sexual assault | → Human body | → Birth | → Romantic relationships |
| → Sexual consent | → Sexual diversity | → Sexual orientation | → Sexual relations |
| → Condoms | → Pregnancy | → Puberty | → Sexuality |
| → Contraception | → STBBIs | → Egalitarian relationships | → Sexual stereotypes |



See also the sheet dedicated to [General recommendations for health and well-being actions in schools](#), which are not linked to a specific theme.

